



# WOMEN'S SOCCER



## 2018 Schedule & Results

Date	Opponent	Time/Result
Aug. 24	vs. #21 Texas	L, 2-1 (OT)
Aug. 26	at #4 North Carolina	L, 1-0
Sept. 2	at Miami	W, 2-0
Sept. 6	at Maryland	T, 1-1 (2OT)
Sept. 10	<b>RV Florida</b>	<b>W, 3-0</b>
Sept. 13	<b>George Mason</b>	<b>7 p.m.</b>
Sept. 16	at Stetson	7 p.m.
Sept. 27	at Temple*	3:30 p.m.
Sept. 30	at UConn*	Noon
Oct. 4	<b>ECU*</b>	<b>7 p.m.</b>
Oct. 7	<b>Cincinnati*</b>	<b>1 p.m.</b>
Oct. 11	at Memphis*	8 p.m.
Oct. 14	at Tulsa*	2 p.m.
Oct. 18	<b>SMU*</b>	<b>7 p.m.</b>
Oct. 21	<b>Houston*</b>	<b>1 p.m.</b>
Oct. 26	at 19/20 USF*	7 p.m.

### The American Championship

Oct. 31	First Round
Nov. 2	Semifinals
Nov. 4	Championship

### NCAA Championship

Nov. 19-11	1st Round (Campus Sites)
Nov. 16 & 18	2nd & 3rd Rounds (Campus Sites)
Nov. 23-24	Quarterfinals (Campus Sites)
Nov. 30 & Dec. 2	College Cup (Cary, N.C.)

\* = Conference match • Home matches in bold  
• All times Eastern and subject to change

## Follow UCF Online



@UCF\_WSOCGER



www.facebook.com/ucfwsoccer



ucf.wsoccer

Instagram

## UCF, Not Central Florida

Please refer to the University of Central Florida as UCF, not Central Florida, on all references. Also, UCF is no longer "Golden" and instead simply known as the "Knights."

## GAME 6 | UCF (2-2-1) vs. George Mason (4-3-0)

Thursday, Sept. 13, 2018 | 7 p.m. ET  
UCF Soccer Complex | Orlando, Fla.

Series History: George Mason leads 5-1-1

Last Meeting: George Mason won, 1-0 (1991)

Broadcast: UCFKnights.TV

## KNIGHT NOTES

### GAMEDAY NOTABLES

- Sunday marks the eighth meeting between the Knights and the Patriots.
- The squad have not met on the pitch since 1991, before any member on each squad was born.
- After playing its first four contests away from home, UCF will play its second straight match at home. In their first five games, the Knights faced an opponent from the Big 12 (Texas), ACC (North Carolina, Miami), Big Ten (Maryland) and SEC (Florida.)

### LAST TIME OUT

- UCF posted its first win over Florida since 2011 with a 3-0 victory at the UCF Soccer Complex on Sept. 10.
- Originally schedule for Sunday evening, weather delayed the start of the contest by over an hour and a half. UCF then went to work, building a 3-0 lead into the first half of action. A second weather delay forced the squads to completely restart the contest on Monday afternoon.
- Ten minutes in to the new contest, Dina Orschmann drew a foul in the box, setting up Zandy Soree for the penalty kick.
- Soree added a second goal in the 79th minute, ending a cross from Stefanie Sanders in the top left corner.
- Sanders added a goal of her own in the 72nd minute.

### AMERICAN ACCOLADES

- Following a shutout victory of Miami, a pair of UCF women's soccer players were recognized by the American Athletic Conference for their defensive efforts in the match.
- Vera Varis was named The American Goalkeeper of the Week after making four saves while disrupting the Hurricane offense for the entire 90 minutes.
- Earning her third start of the season, Emily Tipton played a key role on the back line in UCF's victory.
- Varis collected her second goalkeeper of the week accolade, while Tipton earned her first collegiate accolade.

### INTERNATIONAL EXPERIENCE

- UCF has a trio of members on its current roster with international experience this fall.
- Dina Orschmann and Stefanie Sanders were both selected to play for Germany at the U20 Women's World Cup in France.
- Sanders scored Germany's lone goal in its opening match and added an assist while earning a starting in two matches. She saw time in all four of Germany's matches.
- Orschmann earned a starting spot in Germany's third contest in group play, taking a pair of shots that just missed becoming goals.
- Konya Plummer, who joined UCF this spring after two seasons at Southeastern University, returned from playing with the Jamaican National

# UCFKNIGHTS.COM

**2018 UCF Women's Soccer Numerical Roster**

No.	Name	Height	Pos.	Class	Hometown/High School (Previous School)
0	Caroline DeLisle	5-10	GK	Fr.	Tampa, Fla./Paul R. Wharton
1	Vera Varis	5-10	GK	Sr.	Vantaa, Finland/Makelanrinne Sports
2	Samantha Chung	5-2	M	Sr.	Boynton Beach, Fla./Oxbridge Academy (Florida)
3	Emily Tipton	5-4	D	Sr.	Lake Mary, Fla./Lake Mary HS
4	Carrie Lawrence	5-7	M	Sr.	Orlando, Fla./Timber Creek HS (South Carolina)
5	Adrienne Li	5-4	D	RJr.	Ottawa, Canada/E.S.P. Louis-Riel
6	Konya Plummer	5-8	D	Jr.	Epsom, St. Mary, Jamaica/Titchfield HS (Southeastern)
7	Kristen Scott	5-9	F	Fr.	Orlando, Fla./Edgewater HS
8	Lauren Nemeroff	5-3	F	Sr.	Park Hills, Ky./Dixie Heights (Kentucky)
11	Stefanie Sanders	5-11	F	So.	Hamburg, Germany/SV Werder Bremen
12	Elise Legrout	5-4	M	Fr.	Dieppe, France
13	Sydney Brown	5-2	D	Fr.	Winter Park, Fla./Oviedo HS
14	Mathilde Kack	5-7	D	Fr.	Nanteuil-la-Forêt, France/Lycee Henri Darras
15	Dina Orschmann	5-6	F	So.	Berlin, Germany/FC Union Berlin
16	Payton Grewal	5-3	F	Jr.	Oviedo, Fla./Oviedo HS
17	Dayana Martin	5-8	F	Fr.	Boca Raton, Fla./Boca Raton Community HS
18	Christina Trickett	5-5	M	Jr.	Independence, Ohio/Walsh Jesuit HS
19	Zandy Soree	5-6	M	Jr.	Weston, Fla./American Heritage HS
20	Madison Murnin	5-4	M	So.	Jacksonville, Fla./Sandalwood
21	Darya Rajae	5-3	M	Fr.	Gainesville, Fla./Saint Frances Catholic Academy
22	Mack Thompson	5-7	D	Jr.	Valrico, Fla./Durant HS
23	Maura Aman	5-7	D/F	Sr.	Annandale, Va./WT Woodson HS
24	Jaida Scott	5-6	D	So.	Plantation, Fla./American Heritage School
25	Piper Dotsikas	5-7	F/D	Fr.	Ponte Vedra Beach, Fla./Ponte Vedra HS
26	Jessica Taylor	5-6	F	RJr.	Tampa, Fla./Steinbrenner HS
27	Eden Kawabe	5-3	D	Jr.	Mililani, Hawaii./Mililani HS (San Diego State)
28	Katriina Kuoksa	5-1	M	Jr.	Oulu, Finland/Kastelli Secondary School
30	Chloe N'gazi	5-9	GK	Jr.	Paris, France/Lycee Henri Darras
33	Asia Ervin	5-7	F/D	Fr.	Orlando, Fla./Timber Creek HS

**Head Coach:** Tiffany Roberts Sahaydak (UNC, 2005) – 6th season at UCF

**Associate Head Coach:** Tim Sahaydak (UNC, 2005)

**Assistant Coach:** Chris Cummings (Rollins 2010, 2013)

**Pronunciation Guide**

Maura Aman.....	Amin
Piper Dotsikas.....	Dot-sih-kas
Payton Grewal.....	GRAY-wall
Mathilde Kack.....	Mah-til-de Kack
Eden Kawabe.....	Kuh-wah-BE
Katriina Kuoksa.....	kw-AHK-suh
Chloe N'Gazi.....	EN-gah-zee
Darya Rajae.....	Dar-E-uh RAH-ji-E
Sahaydak.....	Sah-HAY-dack
Vera Varis.....	VARE-uh VAR-iss

**2018 UCF Women's Soccer Alphabetical Roster**

No.	Name	Height	Pos.	Class	Hometown
23	Maura Aman	5-7	D/F	Sr.	Annandale, Va.
13	Sydney Brown	5-2	D	Fr.	Winter Park, Fla.
0	Caroline DeLisle	5-10	GK	Fr.	Tampa, Fla.
25	Piper Dotsikas	5-7	F/D	Fr.	Ponte Vedra Beach, Fla.
33	Asia Ervin	5-7	F/D	Fr.	Orlando, Fla.
2	Samantha Chung	5-2	M	Sr.	Boynton Beach, Fla.
16	Payton Grewal	5-3	F	Jr.	Oviedo, Fla.
14	Mathilde Kack	5-7	D	Fr.	Nanteuil-la-Forêt, France
27	Eden Kawabe	5-3	D	Jr.	Mililani, Hawaii
28	Katriina Kuoksa	5-1	M	Jr.	Oulu, Finland
4	Carrie Lawrence	5-7	M	Sr.	Orlando, Fla.
12	Elise Legrout	5-4	M	Fr.	Dieppe, France
5	Adrienne Li	5-4	D	RJr.	Ottawa, Canada
17	Dayana Martin	5-8	F	Fr.	Boca Raton, Fla.
20	Madison Murnin	5-4	M	So.	Jacksonville, Fla.
8	Lauren Nemeroff	5-3	F	Sr.	Park Hills, Ky.
30	Chloe N'gazi	5-9	GK	Jr.	Paris, France
15	Dina Orschmann	5-6	F	So.	Berlin, Germany
6	Konya Plummer	5-8	D	Jr.	Epsom, St. Mary, Jamaica
21	Darya Rajae	5-3	M	Fr.	Gainesville, Fla.
11	Stefanie Sanders	5-11	F	So.	Hamburg, Germany
24	Jaida Scott	5-6	D	So.	Plantation, Fla.
7	Kristen Scott	5-9	F	Fr.	Orlando, Fla.
19	Zandy Soree	5-6	M	Jr.	Weston, Fla.
26	Jessica Taylor	5-6	F	RJr.	Tampa, Fla.
22	Mack Thompson	5-7	D	Jr.	Valrico, Fla.
3	Emily Tipton	5-4	D	Sr.	Lake Mary, Fla.
18	Christina Trickett	5-5	M	Jr.	Independence, Ohio
1	Vera Varis	5-10	GK	Sr.	Vantaa, Finland

**Head Coach:** Tiffany Roberts Sahaydak (UNC, 2005) – 6th season at UCF

**Associate Head Coach:** Tim Sahaydak (UNC, 2005)

**Assistant Coach:** Chris Cummings (Rollins 2010, 2013)

## 2018 Quick Facts

### UCF INFORMATION

Location .....Orlando, Fla.  
Founded..... 1963  
Enrollment.....67,000+  
Nickname.....Knights  
Colors.....Black and Gold  
Conference ..... American Athletic Conference  
President..... Dr. Dale Whittaker  
Director of Athletics..... Dr. Daniel J. White  
Ticket Office Phone ..... (407) 823-1000  
Home Facility (Cap.)...UCF Soccer Complex (2,475)

### COACHING STAFF

Head Coach .....Tiffany Roberts Sahaydak  
Alma Mater.....UNC, 2005  
Career Record..... 123-76-31 (12 years)  
UCF Record .....70-26-12 (6 years)  
Associate Head Coach ..... Tim Sahaydak  
Alma Mater.....UNC, 2005  
Assistant Coach ..... Chris Cummings  
Alma Mater.....Rollins, 2010, 2013  
Director of Operations.....Katy Ling

### TEAM INFORMATION

2017 Overall Record.....13-2-3  
2017 American Record/Finish ..... 7-0-2/First  
2017 American Championship.... Championship  
Postseason.....NCAA First Round  
Starters Returning/Lost.....6-5  
Letterwinners Returning..... 12

### SOCCER HISTORY

First Year of Soccer ..... 1981  
First Year at Division I Level ..... 1982  
First Year in American Athletic Conference..... 2013  
All-Time Record..... 459-194-61  
NCAA Tournament Appearances/Last..... 21/2017

### ATHLETICS COMMUNICATIONS

Contact.....Megan Herboth  
Office Phone..... (407) 823-0994  
Cell Phone ..... (618) 553-4492  
E-Mail .....mherboth@athletics.ucf.edu  
Website ..... UCFKnights.com

### Preseason Coaches' Poll

School	Points (1st Place Votes)
1. UCF	76 (6)
2. USF	73 (3)
3. Memphis	68 (1)
4. Cincinnati	54
5. SMU	53
6. UConn	39
7. Houston	34
8. ECU	24
9. Tulsa	18
10. Temple	11

**Preseason Goalkeeper of the Year**  
*Vera Varis, UCF*

**Preseason Offensive Player of the Year**  
Evelyne Viens, USF

**Preseason Defensive Player of the Year**  
Olivia Gauthier, Memphis

### Preseason All-Conference Team

*Vera Varis, UCF*  
*Dina Orschmann, UCF\**  
Sophie Gorman, Cincinnati\*  
Vivien Beil, UConn  
Jazmin Grant, Houston  
Olivia Gauthier, Memphis  
Marie Levasseur, Memphis\*  
Elizabeth Woerner, Memphis\*  
Andrea Hauksdottir, USF  
Evelyne Viens, USF\*  
Allie Thornton, SMU

\* denotes unanimous selection

## KNIGHT NOTES

Team for the Final Qualifiers.

### NEW YEAR, NEW FACES

- The Black and Gold welcome 11 newcomers to the squad this fall.
- In its February signing class, UCF added seven freshmen that all hail from the Sunshine State.
- The Knights added a pair of French rookies in Mathilde Kack and Elise Legrouit.
- Senior Samantha Chung became a Knight after three seasons at Florida, while junior Konya Plummer came to UCF after an outstanding career at Southeastern.
- All 11 of the newcomers have seen action this fall, with five of them earning starting nods.
- Kristen Scott and Samantha Chung have all started in each of UCF's five matches this season.

### PRESEASON PICKS

- For the first time since the 2015 season, the Knights opened their campaign as a Top 25 squad. The United Soccer Coaches Association listed the Knights at No. 16 in its preseason poll.
- Vera Varis has accumulated accolades in the preseason. The Vantaa, Finland native was named to the MAC Hermann Trophy Watch List for the most prestigious individual award in college soccer presented to the most outstanding player of the year.
- Varis was also named the American Athletic Conference Preseason Goalkeeper of the Year and was TopDrawerSoccer's Best XI First Team Goalkeeper.
- Dina Orschmann joined Varis on the preseason all-conference team.

### STORIED TRADITION

- Since 1981, UCF has accumulated 22 conference championships and 21 NCAA Tournament berths, which include appearances in the 1982 NCAA title game, 1987 Final Four, 2011 Elite Eight and 2014 Sweet 16.
- Vera Varis became the 17th Knight to earn United Soccer Coaches (formerly NSCAA) All-America honors. Former USWNT goalkeepers Amy (Allmann) Griffin and Kim Wyant (current NYU men's soccer head coach) and National Soccer Hall of Famer Michelle Akers all contributed to UCF's 21 All-America accolades.
- Former All-American forward Tishia Jewell (2009-12) is the only female Knight in UCF Athletics history to win the Senior CLASS Award.

### A YEAR AGO

- Last season, the Knights posted another championship season under Roberts Sahaydak, going unbeaten in The American to clinch the regular season title.
- The Black and Gold finished the 2017 campaign with a 13-2-3 record, the most wins since the 2014 campaign.
- Returning to the United Soccer Coaches poll, UCF climbed as high as No. 6 and finished the regular season ranked eighth. The Knights posted a 16-match unbeaten streak, the longest since the 2013 campaign.
- UCF swept The American's major awards for the first time in program history, picking up Offensive, Defensive, Midfielder, Rookie, Goalkeeper and Coach of the Year.
- Five Knights earned All-Region recognition, with Vera Varis going on to earn United Coaches All-America honors.

# 2018 OVERALL TEAM STATS

## UCF Combined Team Statistics

Record	Overall	Home	Away	Neutral
All Games	2 - 2 - 1	1 - 0 - 0	1 - 1 - 1	0 - 1 - 0
Conference	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0	0 - 0 - 0
Non-conference	2 - 2 - 1	1 - 0 - 0	1 - 1 - 1	0 - 1 - 0

Date	Opponent	Score	Att.	#	Player	gp	g	a	pts	sh	sh%	sog	sog%	gwg	pk-att
08/24/18	vs #21 Texas	L 1-2	304	19	Zandy Soree	5	4	1	9	11	.364	6	.545	2	2-2
08/26/18	at #4 North Carolina	L 0-1	844	11	Stefanie Sanders	4	1	2	4	23	.043	12	.522	0	0-0
09/02/18	at Miami (FL)	W 2-0	256	6	Konya Plummer	2	1	0	2	2	.500	1	.500	0	0-0
09/06/18	at Maryland	T 1-1	601	7	Kristen Scott	5	1	0	2	9	.111	4	.444	0	0-0
09/10/18	FLORIDA	W 3-0	973	15	Dina Orschmann	5	0	1	1	12	.000	5	.417	0	0-0
* Conference game															
		<b>UCF</b>	<b>Opponents</b>												
<b>SHOT STATISTICS</b>															
Goals-shot attempts	7-72	4-47													
Goals per game	1.40	.80													
Shot pct.	.097	.085													
Shots/game	14.40	9.40													
Shots on goal	33-72	25-47													
SOG pct.	.458	.532													
<b>GOAL BREAKDOWN</b>															
Penalties	2	0													
Unassisted	3	0													
Overtime	0	1													
<b>CORNER KICKS</b>															
	24	23													
<b>PENALTY KICKS</b>															
	2-2	0-0													
<b>PENALTIES</b>															
Yellow cards	2	0													
Red cards	0	0													

### ATTENDANCE

Total	973	1701
Dates/Avg Per Date	1/973	3/567
Neutral Site #/Avg	1/304	

#	Goalie	gp	min	ga	gaavg	saves	%	w	l	t	sho	Ssho
1	Vera Varis	5	472:38	4	.76	20	.833	2	2	1	2	0
	Total	5	472:38	4	.76	21	.840	2	2	1	2	0
	Opponents	5	472:38	7	1.33	26	.788	2	2	1	0	1

### Goals By Period

	1st	2nd	OT	OT2	Total
UCF	3	4	0	0	7
Opponents	2	1	1	0	4

### Shots By Period

	1st	2nd	OT	OT2	Total
UCF	35	33	3	1	72
Opponents	22	21	3	1	47

### Saves By Period

	1st	2nd	OT	OT2	Total
UCF	9	11	0	1	21
Opponents	10	13	2	1	26

### Corners By Period

	1st	2nd	OT	OT2	Total
UCF	10	9	4	1	24
Opponents	9	14	0	0	23

### Fouls By Period

	1st	2nd	OT	OT2	Total
UCF	22	18	0	1	41
Opponents	17	9	1	2	29

# RANKINGS AND AWARDS

## United Soccer Coaches Top 25

	School	Record
1	Stanford (35)	6-0-0
2	Florida State	7-0-1
3	USC	6-0-1
4	Texas A&M	8-0-0
5	Virginia	7-0-0
6	North Carolina	5-2-1
7	Santa Clara	6-1-0
8	UCLA	3-1-1
9	Auburn	7-0-0
10	Georgetown	5-0-2
11	Tennessee	6-0-1
12	Northwestern	6-0-1
13	Duke	6-1-1
14	Texas	6-0-1
15	South Carolina	6-1-0
16	Washington State	5-0-0
17	NC State	6-1-1
18	Kansas	5-0-2
19	South Florida	4-1-0
20	Oklahoma State	6-1-0
21	Penn State	4-3-0
22	Wisconsin	6-1-0
23	Butler	6-1-0
24	Texas Tech	6-1-0
25	Princeton	5-1-0

**Receiving Votes:** Louisville (38), FGCU (37), SMU (32), Colorado (30), Mississippi State (23), Long Beach State (20), TCU (10), Wisconsin-Milwaukee (9), Wake Forest (5), North Texas (5), Boston College (5), Oregon (5), California (3), Arizona (2), BYU (1)

\*Week 4 poll - Sept. 11

## TopDrawer Soccer Top 25

	School	Record
1	Stanford	6-0-0
2	Virginia	7-0-0
3	Florida State	7-0-1
4	Texas A&M	8-0-0
5	USC	6-0-1
6	UCLA	3-1-1
7	South Carolina	7-1-0
8	Duke	6-1-1
9	North Carolina	5-2-1
10	Tennessee	6-0-1
11	Texas	6-0-1
12	Santa Clara	6-1-0
13	Washington State	5-0-0
14	Georgetown	5-0-2
15	Auburn	7-0-0
16	Princeton	5-1-0
17	South Florida	4-1-0
18	Butler	6-0-0
19	NC State	6-1-1
20	Oklahoma State	6-1-0
21	Arizona	6-1-0
22	Colorado	6-0-1
23	Penn State	4-3-0
24	Kansas	5-0-2
25	Wisconsin	6-1-0

**Receiving Votes:** Vanderbilt, UC Santa Barbara, Texas Tech, Wake Forest, California

\*Week 4 poll - Sept. 10

## Active Career American Weekly Award Winners

### Defensive Player of the Week

Name	Total	2018
Emily Tipton	1	1
Carrie Lawrence	1	

### Rookie of the Week

Name	Total	2018
Madison Murnin	1	
Dina Orschmann	4	
Jessica Taylor	1	
Vera Varis	3	

### Goalkeeper of the Week

Name	Total	2018
Vera Varis	2	1

## RECORD WATCH

### UCF Career Saves

1. Alyssa O'Brien.....1995-98 .....	424	
2. Aline Reis .....	2008-11..... 347	
3. Heather Brann .....	1991-94 .....	338
4. Jessica Kuhlman.....	1999-02 .....	208
Jennifer Manis .....	2005-07 .....	208
6. Vera Varis .....	2015-present .....	197
7. Amy Allman.....	1984-87 .....	166
8. Julie Snaman.....	2002-05 .....	138
9. Karen Richter.....	1987-90 .....	135
10. Kim Wyant .....	1982-85 .....	122

### UCF Career Shutouts

1. Karen Richter.....	1987-90 .....	30.5
2. Alyssa O'Brien.....	1995-98 .....	30.0
3. Heather Brann.....	1991-94 .....	29.5
4. Aline Reis .....	2007-11 .....	27.0
5. Amy Allman.....	1984-87 .....	24.5
6. Jessica Kuhlman.....	1999-02 .....	19.8
7. Julie Snaman.....	2002-05 .....	19.0
8. Vera Varis.....	2015-present .....	18.0
Kim Wyant.....	1982-85 .....	18.0
9. Jennifer Manis.....	2005-07 .....	15.0

## UCF HAT TRICK CLUB

- 5, Kelly Kochevar ..... Stetson ..... 10/26/93
  - 4, Danielle Thomas ..... Alabama\* ..... 9/27/86
  - 4, Mauri Harris ..... St. Thomas ..... 10/18/87
  - 4, Sandy Carter ..... at Mercer ..... 9/16/89
  - 4, Michelle Anderson..... Alabama A&M..... 9/3/00
  - 3, 30 times
- Most recent: Morgan Ferrara.....Memphis ..... 10/1/17



# HEAD COACH TIFFANY ROBERTS SAHAYDAK



An Olympic gold medalist, World Cup champion and two-time NCAA champion, Tiffany Roberts Sahaydak was named head women's soccer coach at UCF in May 2013.

A three-time American Athletic Conference Coach of the Year, Roberts Sahaydak has wasted no time in putting her stamp on UCF's successful program. Under her guidance, the Knights have earned four NCAA Tournament bids and four American Athletic Conference championships while boasting 11 conference Player of the Year awards and 38 all-league and tournament selections.

In 2017, Roberts Sahaydak coached the Knights to a 13-2-3 record, the most wins since the 2014 campaign. UCF climbed as high as No. 6 and finished the regular season ranked eighth. The Knights posted a 16-match unbeaten streak, the longest since the 2013 campaign, captured the American Athletic Conference regular season championship and made their 21st NCAA Tournament appearance.

Under Roberts Sahaydak's tutelage, five members of the team received All-Southeast Region recognition and goalkeeper Vera Varis was named to the United Soccer Coaches Association All-American Third Team. In addition, five of her starters were recognized as American Athletic Conference Players of the Year, including Morgan Ferrara (Offensive), Kathellen Sousa (Co-Defensive), Vera Varis (Goalkeeper), Kayla Adamek (Midfielder), and Dina Orschmann (Rookie). A total of seven Knights were placed on the All-American Athletic Conference Teams, and three were recognized on the all-tournament team.

In 2016, four student-athletes were named to the All-American Athletic Conference Teams. Saga Fredriksson was named to the All-Northeast Region Team and recognized as the American Athletic Conference Co-Defensive Player of the Year. Off the field, the Knights earned recognition for their academic success as they received the National Soccer Coaches Association of America (NSCAA) Team Academic Award.

Roberts Sahaydak tackled the 2015 season with team that featured more newcomers (14) than returners (12) and lost three key members due to injury for the year before the season-opening weekend was in the books. Eight of their starters, including their American Athletic Conference Offensive Player, Defensive Player and Goalkeeper of the Year, had moved on from the year before. But the Knights earned a berth to their ninth-straight NCAA Tournament (20th overall) and nabbed a hosting gig for the first round for the fifth straight season. In addition, Carol Rodrigues was named the American's Co-Offensive Player of the Year.

In 2014, she guided the Knights to their second NCAA Sweet 16 appearance in four years and the American regular season title. Under her direction, three Knights were recognized as conference Players of the Year: Tatiana Coleman (Co-Offensive); Carleigh Williams (Defensive); and Connie Organ (Goalkeeper). UCF posted its first undefeated home slate (11-0) since 1999, matched the school record for wins in a season (18) and was nationally ranked through much of the year.

In her first season (2013), she led UCF to a school-record unbeaten streak (18 matches), an NSCAA national standing through much of the year and the program's first undefeated conference season since 1999. In addition, UCF made history as the first program to win an American Athletic Conference Championship. Roberts Sahaydak came to Orlando after serving six seasons at VCU alongside her co-head coach, husband and current UCF associate head coach Tim Sahaydak. Roberts Sahaydak spent a decade with the U.S. National Team from 1994-2004, earning 110 caps (with 60 starts). Her career was highlighted by three women's World Cups - among them, the unforgettable 1999 championship - and a gold medal with the 1996 Olympic team.

After retiring from the USWNT, she has served as an ambassador for U.S. Soccer with the U.S. Department of State Sports Envoy Program since 2007, promoting the power and benefit of sport internationally. With the program, she has visited Indonesia, Uganda, the Philippines, Thailand, Namibia, Brazil and France. In 2014, she was appointed to President Barack Obama's Presidential Delegation to the Federative Republic of Brazil at the opening of the FIFA World Cup in Brazil. She is a native of San Ramon, Calif., and was selected as the 1994 California High School Player of the Year. She was a three-time Parade High School All-American, a three-time NSCAA All-American and was the two-time National Girl's High School Player of the Year.

She debuted for the Stars and Stripes in 1994 when she was only 16 as one of the youngest players ever to suit up for the National Team. She played in her first FIFA Women's World Cup a month after her 18th birthday and won Olympic gold before she was out of her teens (USSoccer.com).

As a collegian, Roberts Sahaydak was a standout midfielder for North Carolina (1995-98) as a three-time All-ACC First Team selection. She led the Tar Heels to two NCAA titles (1996, 1997) during her tenure, was voted the 1998 ACC Tournament MVP and finished third in voting for collegiate soccer's highest honor, the Hermann Trophy. She still ranks among the top five for career starts in UNC's record book.

She was a two-time captain for the Carolina Courage in the first fully professional U.S. women's league (Women's United Soccer Association). She helped the Courage win the 2002 title after finishing last in the team's inaugural campaign one year prior.

Roberts Sahaydak took over VCU's program in 2007 and led the Rams to three conference championship game appearances. She was voted as the 2011 Colonial Athletic Association Co-Head Coach of the Year, along with her husband Tim. The duo mentored two CAA Defenders of the Year, one CAA Rookie of the Year and 20 all-conference players, including six first-team honorees.

The Sahaydaks reside in Orlando with their two daughters, Layla and Evie.

